

Drink properly every day: How much is enough? When is the drink good for health?

Do not miss the sharing on how to drink enough water and drink water properly daily to protect your health and loved ones most effectively!

In this article, TipsMake.com will share with you how to calculate the amount of water you need to replenish your body every day as well as the notes to have a habit of drinking water so that it is right and healthy!

Water accounts for 70% of body weight and plays an important role in metabolic activities. Therefore, ensuring adequate intake of water necessary for the body properly every day will be an indispensable job if you want to maintain your health and endurance. If you still wonder how to drink water just enough, just effective, let's find out now!

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How much water is enough?

Why do you need to drink enough water? How does drinking too much or too little water affect your health?

Water is present in every organ in the body and plays an extremely important role for the human body such as helping regulate body temperature, dissolving and transporting oxygen, nutrients to raising cells, excreting substances. waste, toxins . When drinking enough water, the metabolic processes in the body will take place normally, ensure a healthy body, thereby helping learning activities, labor, activities are effective. more fruit.

If you drink too little water, your body will become dehydrated, dehydrated, causing disorders of the body's activities, leading to negative health effects such as impaired kidney function. toxins build up in the body,

frequent headaches, fatigue, dizziness, dry nasal mucosa, brittle hair, rough and acne-prone skin, dark circles, prone to constipation, stones kidneys, gallstones, heart palpitations, lowering blood pressure .

However, if you drink too much water, your body will be poisoned by water electrolytes in the disorder, which can lead to symptoms such as vomiting, diarrhea, seizures, cramps . And can lead to serious consequences such as swelling of cells (the most dangerous is swelling of brain cells), causing seizures, affecting heart and kidney function .

Therefore, you should pay attention to drinking enough water every day, not too much and not too little to be healthy, be detoxified effectively, help skin smooth, reduce stress, fatigue .



Drinking enough water every day helps the body healthier and more supple.

How do you know if your body's water intake is sufficient?

To determine if your body is getting enough fluids, you can rely on your thirst or urination.

1. **When drinking enough water** : You will not feel thirsty, every time you urinate will be about 2-4 hours apart (on average about 6-7 times / day), the urine is light yellow.
2. **When drinking too little water** : You will feel thirsty (heavier than you may see dry skin, dry throat, hunger, dizziness, tinnitus, headache, constipation .), each urinating several hours apart, urinating less than 2-3 times / day, opaque urine, dark yellow to dark brown, with a strong smell.
3. **When drinking too much water** : You will urinate continuously, many times a day, clear, almost colorless urine.

Formula to calculate the amount of water that needs to be replenished for the body every day

The amount of water needed to replenish the body every day depends on many different factors such as weight, health status, weather, activity level .

1. In normal conditions, do not work hard, do not work outdoors, do not sit in the air for too long, you can calculate the amount of water you need to drink daily (in oz) by taking your weight (in lb) separate. If you want to calculate directly in the familiar units of kg and liter, you can immediately apply the following formula:

Amount of drinking water (liters) = [Weight (kg) x 2,205] x 0.5: 33.8

According to this formula, for example, if you weigh 50kg, the amount of water you need to replenish your body every day will be about 1.6 liters.

1. In case you do exercise, in addition to the amount of water to drink according to the above formula, you will need to add 12 oz of water (equivalent to about 0.35 liters of water) for every 30 minutes of exercise. As such, you can easily calculate the amount of water you need to replenish over time by using the following formula:

Amount of water to be replenished (liters) = [Number of minutes of practice: 30] x 12: 33.8

According to this formula, if you exercise 60 minutes a day, the amount of water you need to replenish your body will be about 0.7 liters.

So, for example, you weigh 50kg, daily exercise sports about 60 minutes, the total amount of water you need to drink during the day will be about 2.3 liters.

1. In case you are pregnant or breastfeeding, you will need to add about 0.7 to 0.9 liters of water depending on your needs.
2. Also note that on hot days, on wet days or on dry days, or if you have fever, vomiting, or diarrhea, your body will be dehydrated. You will have to drink more water according to your needs or as directed by your doctor.



Drinking too much or too little water is not good.

How to drink water properly?

What is the best time to drink water during the day?

Drinking water at any time of the day, is it good to drink water in the morning, is it good to drink water in the evening, should I drink water before bed . is always a common question when people build make a habit of drinking water. You can refer to a reasonable drinking schedule during the day as follows:

Drinking time

Function

6:00 - 7:00

This is the time when you wake up after a night's sleep. The body now needs to be replenished with water to be awakened and purified. After about half an hour of drinking, you can have breakfast.

8:00 - 9:00

This is the time to prepare for work hours. Drinking water at this time will help the body refresh and work more effectively.

11:00 - 12:00

This is the time for recess and lunch break. You should add water to prevent dehydration as well as reduce stress, fatigue.

13:00 - 14:00

This is when you wake up after a nap. Drinking water at this time will help you digest better and keep in shape, the best body.

15:00 - 16:00

This is the afternoon time. You should drink water to regain balance, reduce sleepiness, stress, help focus on work better.

17:00 - 18:00

This is the time to leave work. Drinking water before leaving the office will dispel fatigue, hunger and help you focus more on the way back home.

19:00 - 20:00

This is the time around dinner. You can drink some water 30 minutes before and after dinner to support better digestion.

21:00 - 22:00

This is the time before going to bed. About 30 minutes or 1 hour before bed, you can drink a moderate amount of water to help your body have enough water during sleep, creating a feeling of relaxation to sleep better . In addition, you should avoid drinking Too much water at this time so as not to get up to go to the toilet too much and adversely affect the kidney, bladder, nervous system .

Should drink warm or cold water better?

Cold or warm water has good health effects if you drink it at the right time.

Some cases you SHOULD drink warm water:

1. When waking up in the morning or while eating to aid digestion.
2. When the need to purify the body.
3. When stuffy nose.
4. When having dysmenorrhea, joint pain, headache .

In addition, you should not drink warm water after exercising to avoid overheating.

Some cases you should drink cold water:

1. When exercising to cool down the body.
2. While in the process of losing weight.

You should note that only cool water should be moderately cold, not too low, rather than cold ice to avoid sore throat or affect the digestive system. Besides, you should not drink cold water while eating to avoid indigestion.



Drink clean water to protect health.

Some notes to drink water properly

Some other notes you should not ignore to ensure your drinking habits are good for your health:

1. Only moderate amount of water at a time, not too much water at once.
2. Do not drink boiled water repeatedly, do not drink boiled water for more than 2 days.
3. Do not drink water immediately after heavy exercise.
4. Soft drinks such as carbonated soft drinks, caffeinated beverages cannot replace filtered water.
5. Drink filtered water with a water filter to avoid impurities, toxic substances . left in the water and affect health.

Hopefully the above information has helped you better understand how to drink water is reasonable and best for health, so it can effectively replenish water daily for your body.

See also :

1. What kind of good household water purifier should buy today?
2. Top 5 best nano water purifiers for tap water, well water
3. Which type of RO water purifier is the best?

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